



What people are saying about the Lifestyle Program:

“Loved the talks, togetherness, openness....time spent with my daughter, meetings well focused!!”

“I can’t thank the Team enough for everything you have done, not only for my daughter but for me as well... she feels great... about the way she looks (and) she feels overall wonderful about who she is...”

“We had lots of fun. Met some really great people. Most importantly we learned a lot!”

“Thank you so much for your time and effort you have put into my child. You have played a very important part in molding her self-image and making her feel important.”

“A great program to motivate children and parents to make positive life changes”.

Janeway Lifestyle Program

Janeway Children’s Health and Rehabilitation Center
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www.easternhealth.ca/OurServices



Janeway Lifestyle Program

Good Health for EveryBODY



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Interested in lifelong health for your child?

If so, then the Janeway Lifestyle Program may be for you!

The Lifestyle team works with:

All parents of preschool children who are interested in learning about raising healthy, happy and active children.

Families whose children (aged 5 - 14 years) who have been identified as having risk factors for the development of chronic disease. These may include:

- cholesterol problems
- high blood pressure
- polycystic ovarian syndrome
- liver disease
- high blood sugars
- weight concerns

Through our program, we help families to live healthy and active lives.



Who are we?

We are a team of healthcare professionals:

- Pediatrician
- Dietitian
- Psychologist
- Social Worker
- Therapeutic Recreation Specialist
- Physiotherapist
- Research Analyst

We provide the most current information on healthy living for your child and family. Our team will also help you work towards your goals.



What do we offer?

- An information session about the program
- An individual clinic assessment completed by the team
- Group program tailored to your child's age
- Follow-up clinic for your child until their 18th birthday
- Fun activity events (called 'Boosters')

How can my child be referred?

There are two ways to refer:

- Children aged 2 years to pre- K may be referred by a parent/ legal guardian **or** healthcare professional. These children **do not** need to have a risk factor for chronic disease.
- Children aged 5 -14 years (k to grade 9) **who have** a risk factor can be referred by any healthcare professional.

A referral form can be obtained by contacting 777-4387 or via e-mail at lifestyle.program@easternhealth.ca.